

# State of the Heart for African Americans

## *Heart Disease in South Carolina*



### Burden of Disease:

- In the United States, 73,095 African Americans died from heart disease in 2014. Heart disease is a leading cause of death and disability for Americans. The most common form of heart disease in the United States is coronary heart disease, which can lead to heart attack.<sup>1</sup>
- Heart disease was the leading cause of death in South Carolina for 2015.
- During 2015, 2,638 African Americans died from heart disease in South Carolina.
- African Americans face a higher risk of developing ischemic heart disease, and suffer stroke deaths more often than Caucasians.
- In 2015, heart disease accounted for 15,083 hospitalizations of African American South Carolinians, with a total hospitalization cost of more than \$824 million.\*

### Risk Factors for South Carolinians:

#### Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.<sup>2</sup>
- Twenty percent of African American adults in South Carolina smoke.

#### Overweight and Obese

- Being overweight increases the risk of heart disease by 32 percent.<sup>3</sup>
- Seventy-four percent of African Americans in South Carolina are overweight or obese. For African American women, the number is four out of every five.

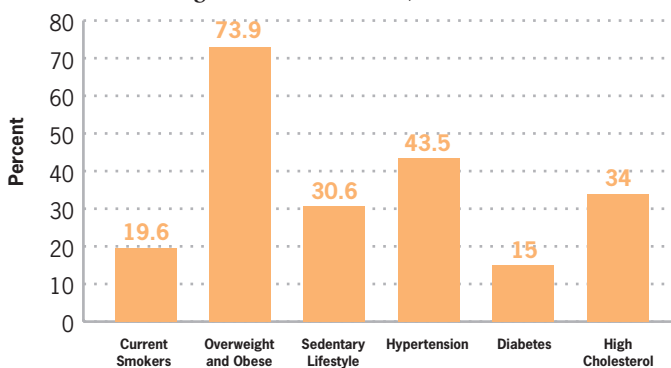
#### Sedentary Lifestyle

- Regular physical activity could reduce one's risk of having high blood pressure by nearly 20 percent.<sup>4</sup>
- In South Carolina, 57 percent of African Americans do not get the recommended amount of physical activity.
- Physical inactivity is more common among African American women than men.

#### Hypertension (High Blood Pressure)

- People with uncontrolled hypertension (high blood pressure) are three times more likely to die from heart disease.<sup>5</sup>
- Two in five African Americans in South Carolina have high blood pressure.

**Prevalence of Heart Disease Risk Factors  
Among African Americans, South Carolina 2015**



Data Source: South Carolina Behavioral Risk Factor Surveillance System

#### Diabetes

- Adults with diabetes are two to four times more likely to have heart disease than adults without diabetes.<sup>6</sup>
- One out of every six African American adults in South Carolina has diabetes, which is 40 percent higher than the rate for Caucasian adults.

#### High Cholesterol

- People with high blood cholesterol have about twice the risk of heart disease as people with lower levels.<sup>7</sup>
- One out of every three African American adults in South Carolina has high cholesterol.

# Stroke Among African Americans in South Carolina



## Burden of Disease for South Carolinians:

- Stroke is a leading cause of serious, long-term disability in the United States.
- According to the most recent national data available (2014), South Carolina had the seventh highest stroke death rate in the nation and is part of the “Stroke Belt,” a group of Southeastern states with high stroke death rates.
- Stroke is the third leading cause of death for African Americans in South Carolina, resulting in 771 deaths during 2015.
- African Americans in South Carolina are more than 50 percent more likely to die from stroke than their Caucasian counterparts, and have a stroke mortality rate 25 percent higher than the national stroke mortality rate for African Americans.
- Stroke resulted in 4,923 hospitalizations for African Americans in South Carolina in 2015.\*

## Modifiable Risk Factors for Stroke:

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Unhealthy diet
- Physical inactivity

## How to Reduce Your Risk of Stroke:

- Get your blood pressure checked.
- Stay active.
- Eat a healthy diet.
- Use less salt.
- If you drink alcohol, drink in moderation.
- Get your cholesterol level checked.
- Stay smoke-free.

## Warning Signs of Stroke:

- Sudden weakness or numbness of the face, arm or leg on one side of the body.
- Loss of speech or trouble talking or understanding speech.
- Sudden dimness or loss of vision, particularly in one eye.
- Unexplained dizziness, unsteadiness or sudden falls, with no previous symptoms.
- Sudden, severe headaches with no known cause.

## Economic Cost of Stroke:

- Hospitalization costs of stroke totaled more than \$296 million for African American South Carolinians in 2015.\*

**For more information on cardiovascular disease prevention in South Carolina contact:** Bureau of Community Health and Chronic Disease Prevention, Division of Diabetes, Heart Disease, Obesity and School Health, (803) 898-1635

Data Sources: S.C. BFSS, S.C. Vital Records, S.C. Hospital Discharge

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\*Based on provisional 2015 data

### References:

<sup>1</sup> CDC Heart disease facts. Retrieved from <http://www.cdc.gov/heartdisease/facts.htm>

<sup>2</sup> CDC. Perspective in disease prevention and health promotion smoking and cardiovascular disease. MMWR Morb Mortal Wkly Rep 1984; 32:677-9.

<sup>3</sup> Bogers RP, Bemelmans WE, Hoogenveen RT, et al. Association of Overweight With Increased Risk of Coronary Heart Disease Partly Independent of Blood Pressure and Cholesterol Levels: A Meta-analysis of 21 Cohort Studies Including More Than 300 000 Persons. Arch Intern Med. 2007;167(16):1720-1728. doi:10.1001/archinte.167.16.1720.

<sup>4</sup> AHA Exercise can lower high blood pressure risk. Retrieved from <http://blog.heart.org/exercise-can-lower-high-blood-pressure-risk/>

<sup>5</sup> Stamler J, Stamler R, Neaton JD. Blood pressure, systolic and diastolic, and cardiovascular risks. US population data. Arch Intern Med. 1993;153:598-615.

<sup>6</sup> AHA Cardiovascular disease and diabetes. Retrieved from [http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes\\_UCM\\_313865\\_Article.jsp/#Vgkk2\\_krLcs](http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp/#Vgkk2_krLcs)

<sup>7</sup> CDC Division for heart disease and stroke prevention. Cholesterol fact sheet. Retrieved from [http://www.cdc.gov/dhdsp/data\\_statistics/fact\\_sheets/fs\\_cholesterol.htm](http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_cholesterol.htm)

